Table of Contents

I. Background

- Overview of *Pick Your Path to Health*
 - Monthly Health Themes and Action Steps (African American, Asian and Pacific Islander, American Indian and Alaska Native, Latina, Women Living in Rural Areas, Women with Disabilities)
- Overview of *Pick Your Path to Health* Community-Based Programs
- Overview of Women's Health
- Healthy People 2010
- List of *Pick Your Path to Health* Partners and the Office on Women's Health Affiliates

II. Getting Started

- Participant Recruitment Flyer
- Letter to Potential Participants
- Letter to Partners
- Welcome Letter/Information for Participants
- Contract of Partnership
- Medical Agreement
- Photograph Release Form
- Checklist for Coaches

III. Program Tools

- Roles and Responsibilities of Coaches
- Tips for Coaches
- Suggested Activities
- President's Challenge
- Goal Sheets
- Working with the Media
 - ♦ Creating and Using a Press Release
 - ♦ Soliciting Proclamations
 - ♦ Creating and Using Talking Points
 - ♦ Creating and Using PSAs
- Materials Order Form

Table of Contents

IV. Administration and Evaluation

- Progress Reports
 - ♦ Event Tracking and Sign-In Sheet
 - ♦ Individual Coaching Session Tracking Sheet
 - ♦ Quarterly Report Form
 - ♦ Final Report Form
- Evaluation
 - ♦ Participant Assessment
 - ♦ Participant Baseline Form
 - ♦ Participant Journal Form
 - **♦ Participant Post-Test Form**
 - ♦ Coach Assessment
 - ♦ Coach Pre-Program Assessment Form
 - ♦ Coach Follow-Up Evaluation Form

V. Resources

- Evaluating Medical Resources on the Internet
- Information on Women's Health USA 2002
- Information on Healthy People in Healthy Communities
- Annotated Health Resources List